Smith Senior Center — AUGUST 2013

Sunday	Monday	Tuesday		Wednesday		Thursday		Friday	Saturday	
A.H.O.Y.						1		2	3	_
Smith Senior Center M, W, Th, S 9:15 am W 5:30 pm						8:15 Water Aerobics*	Pool	9:15 AHOY Gym		Rm 2
·						8:30 Fitness Members Class 9:15 AHOY	Rm 2	9:15 Chair Yoga* Rm 1 10:00 Bocce/Horseshoes Outside		Gym Poo l
Lewis Center M, W, F 9:15 am						9:45 Senior Swim	Gym Pool	10:00 Bocce/Horseshoes Outside 10:00 Shuffleboard/Cornhole Gym		Pool
Leonard Center M, W, F 10:30 am						11:00 Water Aerobics*	Pool	10:00 Water Arthritis Class* Pool		. 00.
Lindley Center M, Tu, Th 2:15 pm						2:00 Senior Swim	Pool	2:00 Swim Class - Beg.* Pool		
Brown Center Tu, Th 9:15 am						5:45 Water Fitness Class*	Pool	3:00 Swim Class - Adv.* Pool		
Peeler Center Tu, Th 10:30 am						7:15 Kung Fu*	Rm 2	5:00 Table Tennis Gym		
4	5 8:15 Water Aerobics*	Pool 6 8:15 Water Aerobics*	Pool	7		8		9	10	
•	8:30 Fitness Members Class	Rm 2 9:00 S.M.A.C.	Rm 2		Pool	8:15 Water Aerobics*	Pool		9:00 Fitness Members Class	Rm 2
Enjoy coffee in the Lounge	9:15 AHOY	Gym 9:45 Senior Swim	Pool	8:30 Fitness Members Class	Rm 2	8:30 Fitness Members Class	Rm 2	9:15 Chair Yoga* Rm 1		Gym
Enjoy coffee in the Lounge	10:00 Water Arthritis Class*	Pool 11:00 Water Aerobics*	Pool	9:15 AHOY	Gym		Gym	10:00 Bocce/Horseshoes Outside		Pool
Monday - Friday	10:00 Honey Bee Helpers	Rm 1 2:00 Senior Swim	Pool	10:00 Water Arthritis Class*	Pool	9:45 Senior Swim	, Pool	10:00 Shuffleboard/Cornhole Gym		Pool
9 am - 12 noon	10:00 Pickleball	Rm 2 5:30 Fitness Members Clas	s Rm 2	10:00 Table Tennis	Rm 2	11:00 Water Aerobics*	Pool	10:00 Water Arthritis Class* Pool		
	2:00 Senior Swim	Pool 5:45 Water Fitness Class*	Pool	2:00 Senior Swim	Pool	2:00 Senior Swim	Pool	2:00 Swim Class - Beg.* Pool		
	5:00 Water Aerobics*	Pool 6:30 Line Dance Class - Be	g. Gym	5:00 Water Aerobics*	Pool	5:45 Water Fitness Class*	Pool	3:00 Swim Class - Adv.* Pool	8:00 Greensboro Social Danc	e —
	5:00 T.O.P.S. Meeting 6:15 Beginner Zumba!	Rm 1 7:15 Kung Fu* Gym 7:40 Line Dance - Adv.	Rm 2 Gym	5:30 AHOY Boot Camp	Gym	7:15 Kung Fu*	Rm 2	5:00 Table Tennis Gym	Lewis	s Centei
11	12 8:15 Water Aerobics*	Pool 13 8:15 Water Aerobics*	Pool	14		15		16	17	
	8:30 Fitness Members Class	Rm 2 9:00 S.M.A.C.	Rm 2	8:15 Water Aerobics*	Pool	8:15 Water Aerobics*	Pool	9:15 Chair Yoga* Rm 1	9:00 Fitness Members Class	Rm 2
	9:15 AHOY	Gym 9:45 Senior Swim	Pool	8:30 Fitness Members Class	Rm 2	8:30 Fitness Members Class	Rm 2	10:00 Bocce/Horseshoes Outside	9:15 AHOY	Gym
Registration required	10:00 Water Arthritis Class	Pool 11:00 Water Aerobics*	Pool	9:15 AHOY	Gym	9:15 AHOY	Gym	10:00 Shuffleboard/Cornhole Gym	9:15 Water Zumba	Pool
	10:00 Honey Bee Helpers	Rm 1 2:00 Senior Swim	cker Barrel	10:00 Genealogy Workshop	Rm 1	9:45 Senior Swim	Pool	10:00 Water Arthritis Class* Pool	10:15 Fitness Swim	Pool
	10:00 Pickleball	Rm 2 5:30 Fitness Members Class	Pool Rm 2	10:00 Water Arthritis Class*	Pool	11:00 Water Aerobics*	Pool	1:00 Movie "The Lorax" Rm 1		
	2:00 Senior Swim	Pool 5:45 Water Fitness Class*	Pool	10:00 Table Tennis	Rm 2	2:00 Senior Swim	Pool	2:00 Swim Class - Beg.* Pool		
	5:00 Water Aerobics*	Pool 6:30 Line Dance Class - Beg.	Gym	2:00 Senior Swim	Pool	5:45 Water Fitness Class*	Pool	3:00 Swim Class - Adv.* Pool		
	5:00 T.O.P.S. Meeting	Rm 1 7:15 Kung Fu*	Rm 2	5:00 Water Aerobics*	Pool	7:15 Kung Fu*	Rm 2	5:00 Table Tennis Rm 2		
	6:15 Beginner Zumba!	Gym 7:40 Line Dance - Adv.	Gym	5:30 AHOY Boot Camp	Gym			7:00 Summer Dance Gym		
18	19 8:15 Water Aerobics*	Pool 20 8:15 Water Aerobics*	Pool			22		23	24	
	8:30 Fitness Members Class	Rm 2 9:00 S.M.A.C.	Rm 2	8:15 Water Aerobics*	Pool	8:15 Water Aerobics*	Pool	9:15 Chair Yoga* Rm 1	9:00 Fitness Members Class	Rm 2
	9:15 AHOY	Gym 9:30 Bingo	Rm 1	8:30 Fitness Members Class		8:30 Fitness Members Class	Rm 2	-	9:15 AHOY	Gym
	10:00 Water Arthritis Class* 10:00 Honey Bee Helpers	Pool 9:45 Senior Swim Rm 1 11:00 Water Aerobics*	Pool			9:15 AHOY 9:45 Senior Swim	Gym	-	9:15 Water Zumba 10:15 Fitness Swim	Pool
	10:00 Pickleball	Rm 2 2:00 Senior Swim	Pool Pool		Pool	11:00 Water Aerobics*	Pool Pool	3:00 Swim Class - Adv.* Pool		Pool
	2:00 Senior Swim	Pool 5:30 Fitness Members Clas			Van	2:00 Senior Swim	Pool	5.00 Swilli Class - Auv. Pool		
	5:00 Water Aerobics*	Pool 6:30 Line Dance Class - Be		• •	Pool	7:15 Kung Fu*	Rm 2			
	5:00 T.O.P.S. Meeting	Rm 1 7:15 Kung Fu*	Rm 2		Pool	7120 116118 1 6		5:00 Table Tennis Gym		
	6:15 Beginner Zumba!	Gym 7:40 Line Dance - Adv.	Gym		Gym			,		
25	26 8:15 Water Aerobics*	Pool 27 8:15 Water Aerobics*	Pool			29		30	31	_
	8:30 Fitness Members Class	Rm 2 9:00 S.M.A.C.	Rm 2		Pool	8:15 Water Aerobics*	Pool		9:00 Fitness Members Class	Rm 2
	0.45 411014	Gym 9:45 Senior Swim	Pool		Rm 2		Rm 2	-	9:15 AHOY	Gym
	9:15 AHOY	•	D = -1		Gym	9:15 AHOY	Gym	10:00 Shuffleboard/Cornhole Gym		
	10:00 Water Arthritis Class*	Pool 11:00 Water Aerobics*	Pool	9:15 AHOY	=		Pool			
	10:00 Water Arthritis Class* 10:00 Honey Bee Helpers	Pool 11:00 Water Aerobics* Rm 1 2:00 Senior Swim	Pool	10:00 Water Arthritis Class*	Pool	9:45 Senior Swim	Pool Rm 1	10:00 Water Arthritis Class* Pool		
	10:00 Water Arthritis Class* 10:00 Honey Bee Helpers 10:00 Pickleball	Pool 11:00 Water Aerobics* Rm 1 2:00 Senior Swim Rm 2 5:30 Fitness Members Clas	Pool s Rm 2	10:00 Water Arthritis Class* 10:00 Table Tennis	Pool Rm 2	9:45 Senior Swim 11:00 Bingo Lunch*	Rm 1			
	10:00 Water Arthritis Class* 10:00 Honey Bee Helpers 10:00 Pickleball 2:00 Senior Swim	Pool 11:00 Water Aerobics* Rm 1 2:00 Senior Swim Rm 2 5:30 Fitness Members Clas Pool 5:45 Water Fitness Class*	Pool s Rm 2 Pool	10:00 Water Arthritis Class* 10:00 Table Tennis 2:00 Senior Swim	Pool Rm 2 Pool	9:45 Senior Swim 11:00 Bingo Lunch* 11:00 Water Aerobics*	Rm 1 Pool			
	10:00 Water Arthritis Class* 10:00 Honey Bee Helpers 10:00 Pickleball	Pool 11:00 Water Aerobics* Rm 1 2:00 Senior Swim Rm 2 5:30 Fitness Members Clas	Pool s Rm 2 Pool	10:00 Water Arthritis Class* 10:00 Table Tennis 2:00 Senior Swim 5:00 Water Aerobics*	Pool Rm 2 Pool Pool	9:45 Senior Swim 11:00 Bingo Lunch*	Rm 1			